

# ESPACE FORME - 2024

*Du 5 août au 1er septembre*

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
	10H BODY ZEN	10H GYM POSTURALE	10H TOTAL BODY	12H15 CIRCUIT TRAINING	10H CAF
	12H15 CIRCUIT TRAINING	12H15 TOTAL BODY	12H15 CAF	12H15 CYCLING	12H15 BODY ZEN
	18H15 CYCLING	18H15 CAF	18H15 BODY ZEN	18H15 TOTAL BODY	18H15 CIRCUIT TRAINING